

Arlington Recreation Program Spring/Summer 2010



Registration Information:

Mail-In, On-Line,
Phone, Fax &
Walk-in Registration:
March 8

Out-Of-Town Residents:
March 15

Arlington Recreation Department
422 Summer Street
Arlington, MA 02474
www.arlingtonma.gov/recreation
781-316-3880 Main Number
781-641-5495 Fax

**Arlington Recreation...Sign Me Up! Register Online at
www.arlingtonma.gov/recreation**

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Director's Corner

It is hard to believe that spring is just about here and summer is around the corner. Arlington Recreation is pleased to offer you and your family over 100 spring and summer programs. We have reviewed and revamped many of our existing programs and we have also added several new and exciting programs as well.

Arlington Recreation is a 100% self-supporting enterprise fund. Our goal is to offer a variety of fun and educational programs. We truly appreciate your continued support of the Arlington Recreation Department. As always, if you have any questions, comments, or program feedback, please contact us at 781-316-3880.

Sincerely,
Joseph J. Connelly
Director of Recreation

Recreation Department Phone Numbers

Main Number: 781-316-3880

Fax Number: 781-641-5495

Field/Program Cancellation: 781-316-3886

Ice Rink: 781-316-3887

Photo credits: Zoe McCarron, front cover and page 20; Debbie Richard, Page 4; Nanci Siegel, page 6

**Need A Space
To Hold Your
Next Event?**

**Looking for an
Inclement Weather
Location?**

Consider Renting the Gibbs Gymnasium!

Arlington Recreation rents the Gibbs Gymnasium and Lower-Level Classroom to the public. Facility is open 8:00am – 10:00pm, Sunday 1:00pm – 5:00pm. Single-Use or Long-Term options available! Rental Fee for each space is \$40 per hour.

**For complete details or to book your space, call
Arlington Recreation at 781-316-3884.**

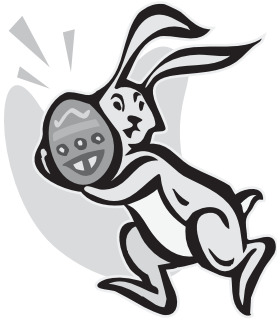
Special Events

Friday, April 2

Recreation Egg Hunt

Time: 11:00am

Where: McClennen Field - New



Arlington Recreation is pleased to offer our 3rd Annual Egg Hunt. Children from the ages 2–10 can take part in the fun! Kids will be separated in the following age groups: ages 2-4, ages 5-7 and ages 8-10. All groups start at 11:00am sharp! Kids will have the chance to search the grounds for mini chocolate eggs and other cool, age-appropriate prizes. Kids should bring their own basket or paper bag to collect the eggs! The Egg Hunt is a FREE event.

Wednesday, June 9

Hershey Track Meet

Ages: 9 – 14

Time: Beginning at 3:00pm

Where: Winchester High School Track – New Location

Arlington Recreation will this year team up with Winchester Recreation to offer this annual event. Based on times the winners may advance to the state competition, which will be held in July. Track events include 100, 200, 400, and 800 runs. Field events include softball throw and standing long jump.

Thursday, August 19th

Old Fashioned Summer Field Day

Time: 1:00pm – 3:00pm

Where: Stratton School Field

Join Arlington Recreation for its annual summer field day. The afternoon will include games, prizes, refreshments, food and fun. Tickets can be purchased at the event Summer fun for all ages.

Spring Youth Enrichment Programs

Special Event Art Classes By Lets Gogh Art

Daddy & Me

Code 310200

Ages: 3 – 6

Date: (A1) Saturday, May 1

Time: 10:00am – 11:00am

Where: Gibbs Gym Classroom

Cost: \$15 per child

Bring Daddy for a special story, an art project and fun and games. A special time for both father and child.

Edible Fun Shop

Code 310201

Ages: 3 – 6

Date: (A1) Monday, May 17

Time: 10:00am – 11:00am

Where: Gibbs Gym Classroom

Cost: \$15 per child

Yummy fun for starving artists!! Literally “make your masterpiece and eat it too” in this very creative and edible workshop. Taste the best art has to offer. We’ll make an edible color wheel (and learn about primary and secondary colors), edible mosaics and edible jewelry. Please come with your imagination and an empty stomach.

Me & My Mask

Code 320202

Ages: 6 – 14

Date: (A1) Thursday, May 27

Time: 3:00pm – 4:00pm

Where: Gibbs Gym Classroom

Cost: \$15 per child

In this fun mask workshop, you can make three types of masks. Participants create and decorate a half or a full-face mask with paint, sequins, feathers and more. Everyone will also create cultural masks with Sculpey clay.

Dramatic Arts Workshop

Code 320203

Ages: 6 – 14

Date: (A1) Saturday, June 5

Time: 10:00am – 11:00am

Where: Gibbs Gym Classroom

Cost: \$15 per participant

Movies, stories and TV shows are often based on make-believe. When you pretend to be someone else, you’re acting! Go onstage in this theater workshop! Participants will be exposed to the world of theater by participating in several activities including: creative exercises to warm-up, creating a mask, character charades and act out various characters in a skit using their masks.

Spring Youth Programs

Jazz, Tap, Ballet & Creative Dance

Code 320106

Ages: (A1) Ages 2 – 4 **Time:** 11:30am – 12:15pm

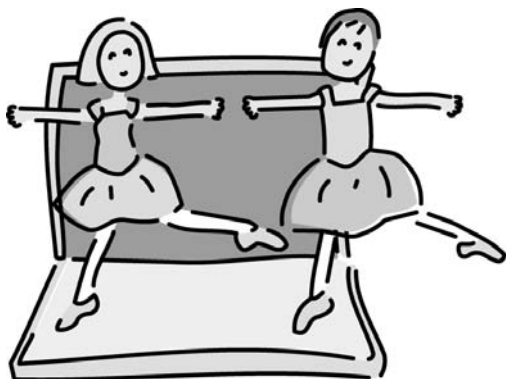
(B1) Ages 4 – 6 **Time:** 12:15pm – 1:00pm

Dates: Saturday, April 3 – May 8

Where: Gibbs Gym

Cost: \$96 for 6 weeks

Knuckle Bones' ("KB") Dance Class will provide a foundation for more formal dance training. Children will learn basic technique through soft-shoe tap, pre-ballet creative dance and self-expression. Steps, dance vocabulary, music awareness, combinations and routines are included to develop a sense of rhythm, timing and phrasing. Class concludes with a recital for the children to showcase their new talents. Please note, a dress code of a leotard, tights (any style) and either bare feet or dance shoes required.



Jazz/Hip Hop Dance

Code 320107

Ages: (A1) Age 5-7 **Time:** 11:30am-12:15pm

(B1) Ages 7-10 **Time:** 12:15pm – 1:00pm

Dates: Saturdays, May 15 – June 26 (x5/29)

Where: Gibbs Gym

Cost: \$96 for 6 weeks

Knuckle Bones' Jazz technique explores the isolations of the head, shoulders, ribs and incorporates dynamic traveling progressions across the floor from jazz runs to leaps and turns. Our Hip Hop encompasses movement that has elements of popping, locking, and freestyle movement to give students the opportunity to develop their own sense of style. Throughout the duration of the class, students will utilize their jazz skill to successfully incorporate the latest trends in the ever-changing Hip Hop dance world. Students should wear sweat pants and t-shirts with non-street sneakers (i.e., sneakers that are not worn outside).

Mystic River Music – Toddlers

Code 310205

Ages: 6 months – 3 years

Dates: (A1) Tuesdays, April 6 – June 1 (x4/20)

Time: 10:45am – 11:30am

Where: Fox Library

Cost: \$125 for 8 weeks

Always a lively class, we will explore rhythm, dynamics, and movement in many ways! Our class will alternate seated "lap" play of bounces, chants, finger play and exploration of musical instruments with jumping, dancing, and improvising to many kinds of music. Puppets, scarves and books with musical themes will round out the class. This class is for child and adult caregiver. Siblings welcome, eight months and under.

Mystic River Music - Preschool

Code 310205

Ages: 3 - 5 years

Date: (B1) Tuesdays, April 6 – June 1 (x4/20)

Time: 1:00pm – 1:45pm

Where: Fox Library

Cost: \$125 for 8 weeks

Music will help us explore the world of animals; how they move, songs about them, even musical animal games! We will play instruments, explore rhythm, pitch, dynamics and melody, and teach our caregivers some of our songs during the last class. Come use puppets, scarves and other materials in this musical & animal extravaganza! Adults may choose to stay with children - or be upstairs in library.

Kids Just Love Crafts

Code 320903

Ages: 2 – 4 years (with parent)

Dates: (A1) Thursdays, April 8 – May 13 (x4/22)

(B1) Thursdays, May 20 – June 17

Time: 10:15am – 11:00am

Where: Gibbs Gym, Lower Level Classroom

Cost: \$64 for 5 weeks

Join us for a jam-packed five weeks of ooey, gooey arts, crafts, stories, and songs. Make a mess & have some fun as your child creates age appropriate treasures. Each week the children will make new seasonal projects.

Arlington Recreation...Sign Me Up!

Register Online at

www.arlingtonma.gov/recreation

Spring Youth Programs

Youth Spanish Classes

Code 340911

Yo y mi familia! Pequeñitos

Ages: 6 - 36 months

Date: (A1) Mondays, April 12 – June 28 (x4/19, 5/31)

Time: 9:15am – 10:00am

Where: Fox Library

Cost: \$190 for 10 weeks

This is a fun and interactive class where parents, caregivers and educators sit with the children to learn new words, sounds and Latin American culture through music and movement. This class recognizes the importance of play while building independence. The instructor may allow more time between activities for children to feel more comfortable and more receptive, as well as sense in what direction the children like to learn (self directed learning). Class will include songs, sign language, books, puppets, games, and toys to cultivate curiosity and stimulate your child. If your child likes jumping, dancing, and singing this is the perfect class!

¡Familia y Yo! Mixtos

Ages: 6 months - 5 years

Dates: (B1) Mondays, April 12 – June 28 (x4/19, 5/31)

Time: 10:05am - 10:50am

Where: Fox Library

Cost: \$190 for 10 weeks

This is a fun and interactive class where parents, caregivers and educators sit with the children to learn new words, sounds and Latin American culture. The curriculum uses games, songs, story telling, books, sign language, puppets, parachutes and toys that cultivate curiosity and stimulate your child in rewarding ways. This language adventure can take them for a ride on a train through the Spanish-speaking world naming countries from Mexico to Argentina or simply popping burbujas (bubbles) in the bath tub with patos (ducks) and ranas (frogs). If your child likes jumping, dancing, and singing this is the perfect class!

Toddlers & Twos - Drop in

Ages: 12 months – 3 years (w/Parent)

Dates: (A1) Every Wednesday and Friday until May 1 (x4/21 & 4/23)

Time: 9:30am – 11:00am

Where: Gibbs Gymnasium

Cost: \$45/10 visits or \$5/day drop-in PER CHILD

This is an indoor, unstructured play program for tots and parents. The program is geared towards developing gross and fine motor skills. Parent and child will have the opportunity to play and learn together with others. (Please do not bring food to program containing nuts, all food must be consumed in the designated area). 10 session punch cards are available.

Super Soccer Stars

Code 320108

Grades: Pre-K & Kindergarten

Dates: Sundays, May 2 – June 27 (x5/30)

Time: (A1) 9:00am – 9:45am 3 - 4 year olds

(B1) 10:00am – 10:45am 4 - 5 year olds

Where: Hills Hill Field

Cost: \$194 for 8 weeks

Get the ball rolling for ages 2 and up with Super Soccer Stars in Arlington! The Tri-State region's most popular children's soccer program has expanded to Boston. Dynamic international coaches work with every student to develop skills, self-confidence, and teamwork in a fun, non-competitive environment. Positive reinforcement and a low child-to-coach ratio ensures that each child will improve his or her soccer skills through engaging warm-ups, drills, and games — all while having endless fun! Each child receives a free t-shirt on the first day of class.

Mini Soccer

Code 320109

Ages: 2-3

Dates: Mondays, April 26 – June 7 (x5/31)

Time: 9:30am – 10:30am

Where: McClennen Field

Cost: \$82 for 6 weeks!

This proven clinic will help children learn the beginning skills, technique and etiquette of soccer. Starting with soft Rhino Skin balls, slowly moving up to size 3 soccer balls, children actively engage in learning everything from passing and kicking to dribbling skills. Each class begins with a short discussion of the game of soccer, stretching and calisthenics, and skill lesson, followed by soccer activities and a soccer game. You will be amazed and your child will feel empowered as they improve throughout this session. Parents are highly encouraged to participate with their child in this program. All must wear appropriate athletic attire and sneakers.



Spring Youth Programs

Challenger Tot Soccer!

Code 320801

Ages: 3 – 6

Dates: Tuesdays, April 27 – May 25
Thursdays, April 29 – May 27

Time: (B1) Tuesdays: 3:00pm – 3:40pm (3 & 4 years)
(B2) Tuesdays: 3:45pm – 4:25pm (5 & 6 years)
(C1) Thursdays: 3:00pm – 3:40pm (3 & 4 years)
(C2) Thursdays: 3:45pm – 4:25pm (5 & 6 years)

Where: McClennen Park

Cost: \$65 for 5 weeks!

This energetic program gives kids the opportunity to learn the fundamentals of soccer. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and muscle coordination. Program not held in inclement weather!

Fantastic Gymnastics - Toddlers

Code 320901

Ages: 18 months – 3 years (with parent)
(Children should be good walkers)

Dates: (A1) Tuesdays, April 13 – May 18 (x4/20)
(B1) Tuesdays, May 25 – June 22

Time: 9:30am – 10:10am

Where: Gibbs Gym

Cost: \$66 for 5 weeks

This class is perfect for the two year old that is ready for some running, jumping, and learning some basic gymnastic skills. Parents work with their children on basic motor skills on the floor, mini bars, low beam, and vault. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the adult to help accomplish the goals for the child. Program run by Tanya Dall.

Fantastic Gymnastics - Preschool

Code 320902

Ages: 3 – 5 years

Dates: (A1) Tuesdays, April 13 – May 18 (x4/20)
(B1) Tuesdays, May 25 – June 22

Time: 10:15am – 11:00am

Where: Gibbs Gym

Cost: \$66 for 5 weeks

This program includes structured gymnastics instruction as well as learning introductory gymnastics routines on the floor, mini bars, low beam, and child-sized vault. Children will learn proper warm-up and stretching techniques, listening skills, turn taking, and peer interaction. Taught by Tanya Dall.



Tumble Time Gymnastics

Code 320806

Beginner

Ages: 5 and up

Dates: (A1) Saturdays, May 1 – June 12 (x5/29)

Time: 9:00am – 10:00am

Where: Gibbs Gym

Cost: \$65 for 6 weeks

Intermediate/Advanced

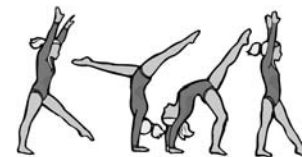
Ages: 5 and up

Date: (A2) Saturdays, May 1 – June 12 (x5/29)

Time: 10:15am – 11:15am

Where: Gibbs Gym

Cost: \$65 for 6 weeks



Learn how to tumble like a champ! This new program, run by Tanya Dall, will focus on the tumbling aspect of gymnastics. The class will begin with strength and conditioning, and flexibility training. Through weekly evaluation, we will focus on individual skills and teach various tumbling sequences. This program will be divided up by skill level. Those learning forward rolls, front walkovers, cartwheels, and roundoffs, will be separated from those learning back handsprings or better.

Mommy, Daddy & Me Kayaking

Code 320104

Ages: 12 months – 5 years (w/Parent)

Dates: (A1) Sundays, May 16, 23, & 30 10:00am - 11:30am

(A2) Sundays, July 25, August 1 & 8 3:00pm - 4:30pm

Where: Spy Pond

Cost: \$125/pair

Come out and meet other parents, be active with your youngster and learn the fundamentals of kayaking. These sessions will teach you the basics of paddling, safety and special considerations when paddling with children. Program meets at the Linwood Circle entrance of Spy Pond.

Balloon Twisting 101 - Parent and Child

Code 320110

Ages: 5 – 12 years

Dates: (A1) Tuesdays, April 27 – May 18

Time: 3:00pm – 4:00pm

Where: Lower Gibbs Classroom

Cost: \$65 per parent and child for 4 weeks

Make your own balloon hats and you will be the most popular person at any party. This class starts with the basic balloon dog, and continues with all kinds of crazy hats and multi balloon figures. Bruce Lawson has been entertaining families in New England for years with his balloon skills. He has also taught at several colleges and adult education schools. Balloons, pumps, and instruction books will be available for purchase in class. Latex balloons will be used. Bring a large plastic garbage bag and a small pair of scissors to each class. Supplies fee is \$5 per child - please bring it to the first class.

Spring Youth Programs

Intro to Softball (Girls)

Code 320701

Ages: 5 – 8

Dates: (A1) Tuesdays, April 27 – June 1

Time: 3:15pm – 4:15pm

Where: Buck Field

Cost: \$85 for 6 weeks!



Intro to Softball is perfect for both beginner and experienced players. Class includes stretching & fitness activities, practicing softball skills, learning aspects of the game, and game play. The end of the session will conclude with family-friendly game. Athletic pants, a mitt, and cleats (no spikes!) are required for all participants.

Viking Sports

Arlington T-Ball League

Code 320601

Ages: 4 – 6 – Papelbon Division

Dates: (A1) Mondays, April 26 – June 7 (x5/31)

Time: 3:15pm – 5:00pm

Where: Buck Field

Cost: \$75 for 6 session

Join the Viking Sport Staff for this fun program. Participants will be divided into teams randomly. Session will focus on catching, throwing, batting, running bases, and fielding. Games will be played where each team will bat through the order and all players will hit and run the bases each inning. There will be no outs. Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs. Please bring a glove and a water bottle. All players will receive a Viking Sports Team T-shirt. Rules will be given out on the first day.



Saturday AM Kindersports

Code 320103

Ages: 4 – 6

Dates: (A1) Saturdays, May 1 – June 5 (x5/29)

Time: 8:00am – 8:45am

Where: Crosby Field

Cost: \$52 for 5 weeks!

This program is designed to introduce the basic skills and game concepts for soccer, baseball, basketball and other sports. Introductory skills and unique games will be played.

Little Dragons Karate

Code 320817

Ages: 3 & 4

Dates: (A1) Fridays, April 2 – June 18 (x4/23)

Times: 4:45pm – 5:15pm

Where: Brackett School

Cost: \$228 for 10 sessions

One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Little Ninjas Karate Beginner

Code 320817

Belts: Purple, Blue, Green, Brown

Ages: 5 – 12

Dates: (B1) Fridays, April 2 – June 18 (x4/23)

Times: 6:00pm – 6:45pm

Where: Brackett School

Cost: \$228 for 10 sessions



One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Little Ninjas Karate Intermediate

Code 320817

Belts: White, Yellow, Orange

Ages: 5 – 12

Dates: (C1) Fridays, April 2 – June 18 (x4/23)

Times: 5:15pm – 6:00pm

Where: Brackett School **Cost:** \$228 for 10 sessions

One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Afterschool Sports

Code 320704

Grades: 1 – 5

Dates: (A1) Mondays, April 26 – May 24

Time: 2:30pm – 3:30pm

Where: Bishop School **Cost:** \$62 for 5 weeks

Sports, sports, and more sports! Grab your friends and sign up for this great program. Each week we discover a new sport, develop new friends, and seek new challenges. We play games and have lots of fun learning about sportsmanship, team play, exercise, and skill development. Games may include basketball, floor hockey, soccer, new games, and more. Program officially starts at 2:30pm but coverage will be available starting at 2:10pm.

Spring Youth Programs

Track & Field

Code 320802

Ages: 5 – 13
Dates: (A1) Wednesdays, May 12 – June 2
Time: 6:00pm – 7:00pm
Where: Arlington High School Track
Cost: \$50 for 4 weeks

Instruction in running and field events for youngsters. T-shirt included in cost of program. Program not held in inclement weather.

Cheerleading Rocks! Clinic

Code 320705

Ages: 5 and up
Dates: (A1) Mondays, April 26 – June 7 (x5/31)
Times: 6:00pm – 7:00pm
Where: Gibbs Gym
Cost: \$79.00 for 6 weeks!



Tanya Dall and her seasoned cheerleaders will teach this successful beginner's clinic. The participants will be taught cheerleading fundamentals, good sportsmanship and proper stretching techniques. Activities may include: Cheer, Dance, Jumps, Tumbling, Basic Stunting, Warm up and conditioning, and much more.

Youth Girls Lacrosse

Code 320501

Grades: K – 4
Dates: (A1) Wednesdays, April 28 – June 2
Time: 3:15pm – 4:30pm
Where: Hills Hill Field
Cost: \$69 – Includes practice shirt

Arlington Recreation, in conjunction with AGLAX club offers this program for anyone who wants to learn the sport. The program will emphasize skill development, learning to shoot, learning to cradle, learning to pass and catch and other various aspects of the game. Lacrosse is one of the fastest growing sports in the United States. Participants will be divided into two groups: grades K – 2 and Grades 3 – 4. Participants must have a mouthguard and goggles. Arlington Recreation will have some beginner sticks available but purchasing your own stick is recommended.

Fencing

Code 320501

Ages: 7 – 11 years	Beginner	Time: 4:00pm – 5:00pm
Ages: 7 – 11 years	Intermediate	Time: 5:00pm – 6:00pm
Ages: 12 and up	Intermediate	Time: 6:00pm – 7:00pm
Ages: 14 years up	Intermediate	Time: 7:00pm – 8:00pm

Dates: (A1) Thursdays, June 24 – August 26
Where: Gibbs Gym
Cost: \$150 for 10-week session

Join us for this exciting sport — one of the fastest growing sports in the world! Fencing develops physical fitness, the ability to develop strategy and concentration, as well as camaraderie and respect. Learn fencing with Michael Tarascio, former member of the United States World Championship Team.

Youth Intro to Kayaking

Code 320105

Ages: 7 – 15
Dates: (A1) Sundays, May 16, 23, & 30
Time: 11:30am-1:30pm
(A2) Sundays, July 25, August 1 & 8
Time: 4:30pm-6:30pm
Where: Spy Pond in Arlington
Cost: \$100/person

Still River Outfitters, Inc. has come to Arlington to provide a fun, family-oriented way to enjoy the outdoors! All equipment is provided. This course is designed for beginners interested in recreational kayaking on calm waters, ponds and lakes. We will cover equipment, safety, strokes, maneuvers, and demonstrate wet-exits and self-rescue techniques. The class is hands-on and with a lot of time spent on the water demonstrating. Program meets at Linwood Street Circle

Arlington Spy Ponders Flag Football League

Code 320812

Grades: 1-8
Dates: Fridays, April 30 – June 4
(A1) Grades 1 - 2 **(A2)** Grades 3 - 5 **(A3)** Grades 6 - 8
Where: McClennen Field
Time: 3:30pm – 5:00pm
Cost: \$70 for 6 weeks

In conjunction with Arlington Pop Warner we are excited to continue our Arlington-based 5v5 Flag Football League for a third season. This program is for boys and girls from Arlington and surrounding towns in grades 1 – 8. There will be three divisions. (Based on number of participants we may combine ages). Teams will consist of 10 – 12 players. Sign-up with friends or sign up individually. For the first two weeks, each session will be a practice where basic flag football skills like passing, receiving, defense, and route running will be taught. For the final weeks, games will be played. Games will be held in Arlington.

All participants will receive an authentic professional football jersey in their favorite pro team's traditional colors and a mouthguard. Final game will be played at AHS Stadium. A playbook will be given to each participant upon registration.

Baby Sitting Training with Winchester Hospital

Code 320805

Grades: 5 – 8
Dates: (A1) Monday – Thursday, June 7 – June 10
Where: Ottoson Middle School
Times: 3:00pm – 4:30pm
Cost: \$95 per 4-day session!

The Babysitter's Training is a course designed for those interested in becoming responsible babysitters. Students learn: characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Winchester Hospital.

April Vacation Programs

Monday, April 19 through Friday April 23

Barrie Bruce Golf School - Juniors Clinic

Code 320303

Ages: 7 – 14

Dates: (A1) Monday, April 19 – Friday, April 23

Time: 10:00am – 11:30am

Where: Billerica Country Club

Cost: \$95 for 5 days

Juniors Clinic is geared for boys and girls ages 7 – 14 and includes lessons in the areas of address position, swing for irons and woods, short game including putting and chipping and practice techniques and drills. Equipment and practice balls are provided. Different fun contests and prizes will also be included.

All Barrie Bruce Golf Lessons take place at the Country Club of Billerica located at 51 Baldwin Road in Billerica, MA.

Challenger Soccer

Code 320304

Ages: 5 – 12

Dates: (A1) Tuesday, April 20 – Friday, April 23

Time: 9:00am – 12:00noon

Where: McClennen Park

Cost: \$140 for 4 days



Join Play Soccer for this energetic program that gives participants the opportunity to learn the fundamentals of soccer in a non-competitive, fun environment. Taught by experienced professionals, kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and coordination. Spend vacation week polishing up on your skills.

Mad Science

Code 320305

Ages: 7 – 12 years

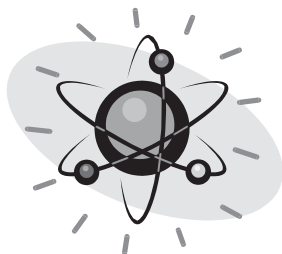
Dates: Tuesday, April 20 – Friday, April 23

Time: (A1) 9:00am – 3:00pm

Where: Fox Library

Cost: \$200 for 4 days

This class will provide participants with hands-on activities, spectacular demonstrations, and inquiry-based discussion. You'll learn about the tools scientists use in their laboratories; atoms, molecules, and reactions; acids and bases; and much more! The best part is that you'll be able to continue the experiments at home, all provided by Mad Science!



Viking Sports – Multi Sports

Code 340919

Grades: 1-5

When: Tuesday, April 20 – Friday, April 23

Time: 9:00am-3:00pm

Where: Ottoson Middle School

Cost: \$185 for 4 days

The philosophy at all Viking Sports is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, waffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.

Gordon Graham Tennis, LLC Tennis Programs For Children

This is an April School Vacation SPECIAL! Program runs from 9:00am to 12noon, Monday through Friday. Players will get 15 hours of tennis training and tennis fun! For an extra \$30, we will supervise them for an additional hour each day, so parents don't have to pick up until 1:00pm. Program descriptions and details on the Gordon Graham program philosophy can be found on page 12.

SuperStarters

Code 320302

Ages: 5 – 6

Dates: (V1) Monday, April 19 through Friday, April 23

Time: 9:00am – 12noon

Cost: \$240

Junior Netters

Code 320302

Ages: 7 – 12

Dates: (V2) Monday, April 19 through Friday, April 23

Time: 9:00am – 12noon

Cost: \$240

Competition Training

Code 320302

Ages: 10 – 16

Dates: (V3) Monday, April 19 through Friday, April 23

Time: 9:00am – 12noon

Cost: \$240

Extended lunch hour (bring your own food)

Code 320302

Ages: 5 – 16

Dates: (V4) Monday, April 19 through Friday, April 23

Time: 12:00pm – 1:00pm

Cost: \$30

Gordon Graham Tennis, LLC Spring and

All clinics and programs held at Crosby Tennis Courts located on Winter Street.

Under the direction of Gordon Graham, AHS boys' tennis coach, and Harvard women's coach (1990-2007), these tennis programs are designed to deliver top-quality tennis training for children of all ages and abilities. Graham's philosophy for building this vibrant, community-based tennis program is to create a FUN learning environment; one in which children get sound tennis training based on scientific principles delivered in a positive, reinforcing manner. These programs combine fun, and competitive drills and games with technical training at almost every level. All staff have passed the Gordon Graham Tennis ("GGT") tennis teacher training. We maintain a ratio of no more than 8:1 with children 6 and above and a ratio of no more than 5:1 with children 5 and under.

Spring Weekend Tennis Clinics

Saturday and Sunday Programs, April 10 – June 6

Classes meet every week on their appointed day except May 29 and May 30..

SATURDAY PROGRAMS

GGT for Beginners Code 340914

Ages: 3 – 4

Dates: (A1) Saturday, April 10 – June 5

Time: 8:30am – 8:55am

Cost: \$64 for 8 weeks

GGT for Beginners Code 340914

Ages: 5 – 6

Dates: (B1) Saturday, April 10 – June 5

Time: 9:00am – 9:50am

Cost: \$128 for 8 weeks

GGT for Beginners & Advanced Beginners Code 340914

Ages: 7 – 9

Dates: (C1) Saturday, April 10 – June 5

Time: 10:00am – 10:50am

Cost: \$128 for 8 weeks

GGT for Beginners & Advanced Beginners II Code 340914

Ages: 10 – 12

Dates: (D1) Saturday, April 10 – June 5

Time: 11:00am – 11:50am

Cost: \$128 for 8 weeks

GGT for Beginners & Advanced Beginners III Code 340914

Ages: 13 – 17

Dates: (E1) Saturday, April 10 – June 5

Time: 12:00pm – 12:55pm

Cost: \$128 for 8 weeks

SUNDAY PROGRAMS

Junior Development for Intermediate & Advanced Code 340914

Ages: 8 – 12

Dates: (A2) Sunday, April 11 – June 6

Time: 9:00am – 10:20am

Cost: \$192 for 8 weeks

Teen Team Training for Intermediate & Advanced Code 340914

Ages: 13 – 17

Dates: (B2) Sunday, April 11 – June 6

Time: 10:30am – 11:50am

Cost: \$192 for 8 weeks

Under 10 Drop in & Play Code 340914

Ages: 7 – 10

Dates: (C2) Sunday, April 11 – June 6

Time: 12:30pm – 1:30pm

Cost: \$10/day

SPRING WEEKDAY

Classes meet every week on their appointed day.

GGT for Beginners & Advanced Beginners Code 340914

Ages: 7 – 9

Dates: (W1) Mondays, April 12 – June 7 (x5/5/31)

Time: 6:00pm – 6:50pm

Cost: \$128 for 8 weeks

GGT Drop-in & Play Code 340914

Ages: 8 – 17

Dates: (W2) Tuesdays & Thursdays, April 13 – May 27

Time: 6:00pm – 7:00pm

Cost: \$10/day

GGT Junior Development Program for Intermediates & Advanced Code 340914

Ages: 8 – 12

Dates: (W3) Wednesdays, April 14 – May 26

Time: 5:30pm – 6:50pm

Cost: \$192 for 8 weeks

Summer Tennis Programs For Children

Class Descriptions can be found on page 12.



Summer Tennis Programs

June 14 – September 3

One-Week Concentrated Sessions

Players will get 15 hours of concentrated tennis training and tennis FUN in just five days. Each group will meet for three hours per day, Monday through Friday. For an extra \$30, your child can stay for an additional hour each day, so parents don't have to pick up until 1:00pm, or 5:00pm.

GGT SuperStarters

Code 424922

Ages: 5 – 6

Time: 9:00am – 12noon

Dates: (A1) June 14 – June18

(A2) June 21 – June 25

(A3) August 9 – August 13

(A4) August 16 – August 20

(A5) August 23 – August 27

(A6) August 30 – September 3

Cost: \$240

GGT Junior Netters

Code 424923

Ages: 7 – 12

Time: 9:00am – 12noon

Dates: (A1) June 14 – June18

(A2) June 21 – June 25

(A3) August 9 – August 13

(A4) August 16 – August 20

(A5) August 23 – August 27

(A6) August 30 – September 3

Cost: \$240

GGT Junior Competition Training

Code 424924

Ages: 10 – 12

Time: 1:00pm – 4:00pm

Dates: (A1) June 14 – June18

(A2) June 21 – June 25

(A3) August 9 – August 13

(A4) August 16 – August 20

(A5) August 23 – August 27

(A6) August 30 – September 3

Cost: \$240

GGT Competition Training

Code 42495

Ages: 13 – 17

Time: 1:00pm – 4:00pm

Dates: (A1) June 14 – June18

(A2) June 21 – June 25

(A3) August 9 – August 13

(A4) August 16 – August 20

(A5) August 23 – August 27

(A6) August 30 – September 3

Cost: \$240

GGT Tennis for Teens

Code 424926

Ages: 13 – 17

Time: 1:00pm – 4:00pm

Dates: (A1) June 14 – June18

(A2) June 21 – June 25

(A3) August 9 – August 13

(A4) August 16 – August 20

(A5) August 23 – August 27

(A6) August 30 – September 3

Cost: \$240

Extended hour (bring your own food)

Code 424927

Ages: All Ages

Time: 12:00pm – 1:00pm

Dates: (A1) June 14 – June18

(A2) June 21 – June 25

(A3) August 9 – August 13

(A4) August 16 – August 20

(A5) August 23 – August 27

(A6) August 30 – September 3

Cost: \$30

Extended hour (bring your own food)

Code 424928

Ages: All Ages

Time: 4:00pm – 5:00pm

Dates: (A1) June 14 – June18

(A2) June 21 – June 25

(A3) August 9 – August 13

(A4) August 16 – August 20

(A5) August 23 – August 27

(A6) August 30 – September 3

Cost: \$30

Gordon Graham Tennis One-Week Mini Tennis Programs For Children

All clinics and programs held at Crosby Tennis Courts located on Winter Street.
Class Descriptions can be found on page 12.

Not ready for a half or full day programs? Try a mini program.
Players will get a 30-90 min. session of tennis training per day,
Monday through Friday. Choose one week or multiple weeks.

GGT Beginners Code 422804

Ages: 3 – 4
Time: 9:00am – 9:30am
Dates: (A1) June 28 – July 2
(A2) July 5 – July 9
(A3) July 12 – July 16
(A4) July 19 – July 23
(A5) July 26 – July 30
(A6) August 2 – August 6
Cost: \$40 per week

GGT Beginners Code 422804

Ages: 5 – 6
Time: 9:00am – 9:50am
Dates: (A1) June 28 – July 2
(A2) July 5 – July 9
(A3) July 12 – July 16
(A4) July 19 – July 23
(A5) July 26 – July 30
(A6) August 2 – August 6
Cost: \$80 per week

GGT Beginners – Advanced Beginners Code 422811

Ages: 7 – 9
Time: 10:00am – 10:50am
Dates: (A1) June 28 – July 2
(A2) July 5 – July 9
(A3) July 12 – July 16
(A4) July 19 – July 23
(A5) July 26 – July 30
(A6) August 2 – August 6
Cost: \$80

GGT Beginners – Advanced Beginners II Code 422811

Ages: 10 – 12
Time: 11:00am – 11:50am
Dates: (A1) June 28 – July 2
(A2) July 5 – July 9
(A3) July 12 – July 16
(A4) July 19 – July 23
(A5) July 26 – July 30
(A6) August 2 – August 6
Cost: \$80



GGT Beginners – Advanced Beginners III Code 422811

Ages: 13 – 17
Time: 12:00pm – 12:50pm
Dates: (A1) June 28 – July 2
(A2) July 5 – July 9
(A3) July 12 – July 16
(A4) July 19 – July 23
(A5) July 26 – July 30
(A6) August 2 – August 6
Cost: \$80

GGT Junior Development for Intermediate and Advanced Code 422812

Ages: 8 – 12
Time: 1:00pm – 2:30pm
Dates: (A1) June 28 – July 2
(A2) July 5 – July 9
(A3) July 12 – July 16
(A4) July 19 – July 23
(A5) July 26 – July 30
(A6) August 2 – August 6
Cost: \$120

GGT Teen Team Training for Intermediate and Advanced Code 422812

Ages: 13 – 17
Time: 1:00pm – 2:30pm
Dates: (A1) June 28 – July 2
(A2) July 5 – July 9
(A3) July 12 – July 16
(A4) July 19 – July 23
(A5) July 26 – July 30
(A6) August 2 – August 6
Cost: \$120

GGT Program Descriptions

GGT Beginners (ages 3 - 4)

Modeled after the United States Tennis Association's (USTA) GGT program, this Gordon Graham Tennis, LLC (GGT) program is designed to give youngsters, age 4, a fun and successful jump start in tennis. Players will be exposed to basic athletic skills that translate to tennis, like ball tracking, throwing and catching skills, and body coordination skills. Players need a 19-inch racket.

GGT Beginners (ages 5 - 6)

Modeled after the USTA's GGT program, this GGT program is designed to give youngsters ages 5-6 a fun and successful jump start in tennis. GGT instructors will use mini-nets, a 36' court, and foam or low-compression balls in teaching basic skills and principles of the game. Players will be taught rallying skills, serving (throwing) skills and receiving (catching) the ball skills. In addition, they will begin to understand winning and losing, and how to work with other children. Participants need a 19, 21, or 23-inch racket.

GGT Beginners & Advanced Beginners (ages 7 - 9)

Modeled after the USTA's GGT program, this GGT program is designed to give beginners and advanced beginners, ages 7-9, a fun and successful tennis experience. GGT instructors will use mini-nets, a 36' court, and foam or low-compression balls in helping the players learn the basic skills to play tennis as quickly as possible and to enjoy the experience of hitting balls over the net. They will be taught rallying skills, serving skills, returning skills, and net-play skills. They will learn the rules, scoring and appropriate behavior as part of their training. And they will get to play. Participants need a 21, 23, or 25-inch racket.

GGT Beginners & Advanced Beginners II (ages 10 - 12)

Modeled after the USTA's GGT program, this GGT program is designed to give beginners and advanced beginners, ages 10-12, a fun and successful tennis experience. GGT instructors will use a 60' court, the regular net, and a low-compression ball; participants will need a 23 or 25-inch racket. This program will help the players develop the skills needed to participate in different tennis situations by teaching proper stroke technique, and basic tennis strategy and tactics.

GGT Beginners & Advanced Beginners III (ages 13 - 17)

Modeled after the USTA's GGT program, this GGT program is designed to give beginners and advanced beginners, ages 13-17, a fun and successful tennis experience. GGT instructors will use the full court, and low-compression balls. Participants will need a 25 or 27-inch racket. This program will help the players develop basic tennis skills, strategies and tactics, and learn proper stroke technique based on scientific principles.

GGT Junior Development Program for Intermediates and Advanced (ages 8 - 12)

This program is focused on training intermediate and advanced players to become well-rounded competitors, firmly grounded in good stroke mechanics and sound strategy. The program will include competitive drilling, match play with analysis, proper instruction based on scientific principles, and a FUN, positive environment.

GGT Teen Team Tennis Training for Intermediate & Advanced (ages 13 - 17)

This GGT program is designed for experienced teenage players who are interested in competing for their high school team and/or playing tournaments. Players will learn good stroke mechanics and sound strategy. There will be competitive drilling, match play with analysis, proper instruction based on scientific principles, and a FUN, positive environment.

GGT Drop-In and PLAY! (ages 8 - 17)

This program is 'pay-as-you-go'. Players can come whenever their schedules allow and get a GGT-supervised tennis opportunity. There will be supervised play and lessons, plus the chance to 'hit with an AHS team member'.

GGT 10-and-under Tournament FUN! (ages 7 - 10)

This GGT program will provide regular opportunities for 10-and-under players to compete with others in a fun format, such as round robin play, and/or team tennis. This program gives players the chance to play an assortment of players and practice the skills and strategies they learn in their classes. This is a 'pay-as-you-go' program.

GGT Super Starters (ages 5 - 6)

Get your youngsters off to a super start with the great game of tennis. We hire instructors with the special talents needed to work best with this group, and to provide them a positive, nurturing environment. This program emphasizes basic athletic skills that apply to many sports, like ball tracking, catching and throwing skills, and body coordination skills. Your children will learn basic racket-work skills, and rudimentary rallying skills as well.

GGT Junior Netters (ages 7 - 12)

We group these children by age and ability. Using age-appropriate progressions, this program helps everyone develop the skills to rally, serve and return serve, and to play at the net. This group will get to play assorted team tennis games. They will learn fundamental strategies and tactics for both singles and doubles.

GGT Jr. Competition Training Program (ages 10 - 12)

This program is for 10, 11 and 12 year olds with more advanced skills who may be interested in competing in USTA tournaments, or eventually for their high school teams. We use various situational games and drills to enhance the learning of advanced singles and doubles tactics and strategies.

GGT Competition Training Program (ages 13 - 17)

Developed especially for advanced players who are focused on competing in USTA tournaments, and/or for their high school teams. This program helps players develop their competitive skills, including advanced strategies and tactics for singles and doubles, mental training, and tennis specific fitness training. Train like high school teams do!

GGT Tennis for Teens (ages 13 - 17)

Structured for teenagers who are beginners or advanced beginners, this program introduces them to tennis with solid fundamental training, and a fun, social environment. Our goal is to help all teen players have a positive experience while learning the basic skills and strategies of this great lifetime sport.



Adult Tennis with Ira Kemp



Please note that all instructions are lead by Ira Kemp and take place at the Crosby Tennis Courts located on Winter Street.

In case of inclement weather, the program will not meet, however every attempt will be made to make up the session at a later date.

SPRING

Beginner

Code 340901

Dates: (A1) Monday, April 5 – April 26 (make-up 5/3)
(A2) Monday, May 10 – June 7 (make-up 6/14) (x5/31)
(B1) Thursday, April 8 – April 29 (make-up 5/6)
(B2) Thursday, May 13 – June 10 (made-up 6/17)
(C1) Sunday, April 11 – May 2 (make-up May 9)
(C2) Sunday, May 16 – June 13 (make-up June 20) (x5/30)

Time: Monday and Thursday 6:00pm – 7:00pm
and Sunday 2:30pm – 3:30pm

Cost: \$87 for 4 weeks!

This class is for those who have never taken tennis lessons before or simply feel more comfortable starting over with introductory instruction and/or to improve proper stroke knowledge and habits. Forehand and backhand ground strokes and volleys as well as serve will be thoroughly covered, and proper footwork will be introduced.

Intermediate/Advanced

Code 340901

Dates: (D1) Friday, April 9 – April 30 (make-up 5/7)
(D2) Friday, May 14 – June 11 (make-up 6/18) (x5/28)
(F1) Sunday, April 11 – May 2 (make-up May 9)
(F2) Sunday, May 16 – June 13 (make-up June 20) (x5/30)

Time: Friday 6:00pm – 7:00pm and Sunday 3:30pm – 4:30pm

Cost: \$87 for 4 weeks!

This will be essentially a continuation of the beginner's class but involving hitting balls while moving and under more realistic playing situations. Participants should have some experience on the court (though previous lessons are not required) and should want/expect a moderate cardiovascular workout.

Competitive Play Clinics

Code 340901

Dates: (G1) Sunday, April 11 – May 2 (make-up May 9)
(G2) Sunday, May 16 – June 13 (make-up June 20) (x5/30)

Time: 4:30pm – 6:00pm

Cost:

Ladies Doubles Clinics

Code 340900

Dates: (A1) Monday, April 5 – April 26 (make-up 5/3)
(A2) Monday, May 10 – June 7 (make-up 6/14) (x5/31)
(B1) Wednesday, April 7 – April 28 (make-up 5/5)
(B2) Wednesday, May 12 – June 09 (made-up 6/16)

Time: 10:00am – 11:00am

Memorial Day Weekend Handicap Tournament

Dates: Saturday & Sunday, May 29 & 30th
Call Arlington Recreation for more details.

SUMMER

Beginner

Code 424903

Dates: (A1) Monday, July 12 – August 2 (make-up 8/9)
(A2) Monday, August 16 – September 13 (make-up 9/20) (x9/6)
(B1) Thursday, July 15 – August 5 (make-up 8/12)
(B2) Thursday, August 19 – September 9 (make-up 9/16)
(C1) Sunday, July 11 – August 1 (make-up 8/8)
(C2) Sunday, August 15 – September 12 (make-up 9/19) (x9/5)

Time: Monday and Thursday 6:00pm – 7:00pm
and Sunday 2:30pm – 3:30pm

Cost: \$87 for 4 weeks!

This class is for those who have never taken tennis lessons before or simply feel more comfortable starting over with introductory instruction and/or to improve proper stroke knowledge and habits. Forehand and backhand ground strokes and volleys as well as serve will be thoroughly covered, and proper footwork will be introduced.

Intermediate/Advanced

Code 424904

Dates: (D1) Friday, July 16 – August 6 (make-up 8/13)
(D2) Friday, August 20 – September 10 (make-up 9/17)
(E1) Sunday, July 11 – August 1 (make-up 8/8)
(E2) Sunday, August 15 – September 12 (make-up 9/19) (x9/5)

Time: Friday 6:00pm – 7:00pm and Sunday 3:30pm – 4:30pm

Cost: \$87 for 4 weeks!

This will be essentially a continuation of the beginner's class but involving hitting balls while moving and under more realistic playing situations. Participants should have some experience on the court (though previous lessons are not required) and should want/expect a moderate cardiovascular workout.

Competitive Play Clinics

Code 424904

Dates: (F1) Sunday, July 11 – August 1 (make-up 8/8)
(F2) Sunday, August 15 – September 12 (make-up 9/19) (x9/5)

Time: 4:30pm – 6:00pm

Cost:

Ladies Doubles Clinics

Code 424905

Dates: (G1) Monday, July 12 – August 2 (make-up 8/9)
(G2) Monday, August 16 – September 13 (make-up 9/20) (x9/6)
(H1) Wednesdays, July 14 – August 4 (make-up 8/11)
(H2) Wednesdays, August 18 – September 8 (make-up 9/15)

Time: 10:00am – 11:00am

Labor Day Weekend Handicap Tournament

Dates: Saturday & Sunday, September 4th and 5th
Call Arlington Recreation for more details

Adult Programs

Adult Games

Code 424917

Ages: 18 and Over
Dates: (A1) Thursdays, April 29 – June 3
Time: 8:00pm – 9:00pm
Where: Gibbs Gym
Cost: \$89 for 6 weeks

Knuckle Bones knows that not only children need to play. That is why we bring our love of play to adults alike. Playing group games that focus on team building, physical fitness and fun; we get everyone involved and having a good time! Bringing in all our own unique equipment, we play games that involve strategy, agility and an overall good time. When was the last time you played in a life sized, interactive game of Risk? Or, a 3 way-volleyball game that involves 4 giant balls that weigh next to nothing? Amazing athletic skills are not required; everyone is welcome and will have their chance to shine in our array of games.

Intro to Dog Agility

Code 424921

Dates: Mondays, April 26 – June 7 (x5/31)
Time: (A1) 9:00am – 10:00am
(B1) 5:30pm – 6:30pm
Where: Arlington Reservoir
Cost: \$155.00
What to Bring: Doggie treats, 6-foot leash

Agility is one of the most exciting canine sports. In agility class, a dog demonstrates it's agile nature and versatility by following cues from the handler through a timed obstacle course. This class will focus on safe and correct obstacle course performance and fundamental handling skills. Obstacles include jumps, tire jump, tunnel, chute, weave poles, see-saw, dog walk and pause table.

Already completed at least one agility class? Then join us to further advance your skills! Courses are designed and practiced for students who are beginners or those at a more advanced level.

StrollerFit

Code 424931

Ages: Parent and Child
Dates: (A1) Tuesdays, March 30 – May 25 (x4/20)
Time: 11:15am-12:00pm
Where: Gibbs Gym **Cost:** \$104 for 8 weeks

StrollerFit offers you a 45-minute stroller fitness workout with your baby and/or toddler. In a safe and interactive stroller fitness class, parents use strollers, resistance training and body weight to get in shape. Children are entertained by songs, nursery rhymes, visual stimulation, and activities. Instructor Catherine Milliken is an ACE certified group fitness instructor, and she will help you achieve muscular strength and cardiovascular fitness, all while having a great time with your child(ren) and other caregivers in the class. There is a one time equipment fee of \$45 (includes two resistance bands, two mommymuscle balls, and a water bottle in a heavy duty nylon bag) payable to the instructor the first day of the class.

Open Basketball

Ages: 18 & up **Date:** Tuesdays through April 27
Time: 7:00pm – 10:00pm
Where: Ottoson Middle School, Upper Gym
Cost: \$8/day or \$75/10 nights

Intro to Kayaking

Code 320105

Ages: 16+
Dates: (A1) Sundays, May 16, 23, & 30 **Time:** 8:00am-10:00am
(A2) Sundays, July 25, August 1 & 8 **Time:** 6:30pm- 8:30pm
Where: Spy Pond in Arlington
Cost: \$100/person

Still River Outfitters, Inc. has come to Arlington to provide a fun, family-oriented way to enjoy the outdoors! All equipment is provided. This course is designed for beginners interested in recreational kayaking on calm waters, ponds and lakes. We will cover equipment, safety, strokes, maneuvers, and demonstrate wet-exits and self-rescue techniques. The class is hands-on and with a lot of time spent on the water demonstrating. Program meets at Linwood Street Circle.

Zumba for Adult

Code 424932

Dates: (A1) Tuesdays, March 9 – May 4
(B1) Tuesdays, May 11 – June 29
Time: 6:00pm – 7:00pm
Where: Gibbs Gym **Cost:** \$64.00 for 8 weeks

Zumba® combines high energy, motivating music with unique moves and combinations that allow the participants to dance their worries away, and burn 500-700 calories in the process. It is based on the principle that a workout should be fun so you want to do it. Zumba is great for the mind, body, and soul. It is a "feel-happy" workout — so don't forget to bring your smiles, but also be prepared to sweat! No Dance experience required! Bring a water bottle and towel

Barrie Bruce Golf Schools Adult Golf School I - Ball Striking Skills

Code 424933

Instructor: Barrie Bruce, P.G.A. Member
Where: Country Club of Billerica, 51 Baldwin Road, Billerica, MA.
Cost: \$150

This school is designed for the new golfer who has little or no golfing experience. The basic fundamentals of the game will be taught in a relaxing and stress-free environment. All the student needs is "a pair of sneakers and a good attitude" The school consists of five one hour lessons targeting address position, swing for irons and woods, short game including putting and chipping and practice techniques and drills. Written summaries of each lessons.

Dates: (A1) Saturday, April 10 **Time:** 11:30am
(B1) Wednesday, April 14 **Time:** 5:30pm
(C1) Saturday, May 15 **Time:** 11:30 am
(D1) Wednesday, May 19 **Time:** 5:30pm
(E1) Wednesday, July 7 **Time:** 5:00pm

Summer Day Programs

Kids Corner ★ Club Rec ★ Adventure ★ CIT I



Arlington Recreation Summer Day Programs offer creativity and fun for your child through traditional programs including sports & games, arts and crafts, swimming* and imaginative special events.

*Swimming is for Club Rec and Adventure only. Kids Corner will use the North Union Spray Pool for water play.

Our staff consists of education professionals, college and high school students. All programs attempt to meet the needs of all children. Please let us know if your child will need special help to make the experience as rewarding as possible.

Kids Corner and Club Rec offers seven one-week sessions beginning July 5, 2010 with half-day and full-day options. Adventure is a two-week program except for final session. The Counselor-in-Training program

Due to renovations at the Arlington Sport Center, Stratton Elementary School will host our Summer Club Rec Program and Summer Adventure Programs. Kids Corner will remain at the Thompson School.

Extended day programs are available from 8:00am – 9:00am and 3:00pm – 5:00pm for Club Rec and Adventure programs.

Completed registration package and payment are due at the time of registration. Financial aid may be available; contact the Recreation Department for more details. Registration begins March 1 and continues until enrollment limits are reached.

The schedule, dates, and program specifics are as follows on pages 17 – 20. Please note: Grade listings are for September 2010.



Kids Corner

9:00am – 12:00noon at the Thompson School



Ages: 3 – 5 (by 6/30/2010)

Dates: Week	Theme*
(A1) July 5 – July 9:	Dinosaurs
(B1) July 12 – July 16:	Bugs/Insects
(C1) July 19 – July 23:	Hodge Podge
(D1) July 26 – July 30	Field Day
(E1) August 2 – August 6:	Fish/Ocean
(F1) August 9 – August 13:	Masks
(G1) August 16 – August 20:	Flowers/Garden

*Themes may change prior to program

Calling all preschoolers to come and enjoy a fun and exciting summer experience in a loving and caring atmosphere. Explore and discover new friends, activities, and adventure. Participants will enjoy non-competitive games, water fun, crafts, songs, outdoor play, and preschool activities held indoors and out.

The children will enjoy many opportunities to develop social skills such as cooperation and sharing. They will enjoy getting to know one another in the age-appropriate environment provided. Participants will enjoy choosing from a variety of planned activities each day. Experienced, trained counselors will supervise activities outdoors on our large playground and extensive indoor areas.

When outdoors, children will enjoy playing in the water, having art activities, building sand castles, and exploring some of nature's wonders as well as picnics outdoors.

When indoors, participants will be in a safe, supportive atmosphere that encourages learning, excitement, and exploration, arts and crafts, and enjoy special entertainment.

You must provide a daily snack and lots of fluids. All children are required to be toilet trained by the start of the program. Pull-ups are not acceptable.

Child-to-counselor ratio is approximately 5:1

Frequently Asked Questions for Kids Corner

Where do I drop my child off for the Half-Day Program?

At the Thompson School, 60 North Union Street. Drop off and pick up will be in classroom at the school.

What do the children need to bring to the program?

Bring a snack. **Peanut Alert! No Peanut Products Please!** With a growing number of participants and staff having severe peanut allergies, we are asking that NO peanut products be brought to the program. Also bring plenty of fluids, a bathing suit, towel with child's name on it, and water shoes. Participants must also wear sneakers for running in the gym and playground and have sunscreen applied before coming to the program. Please provide additional sunscreen for counselors to apply after water play. Each child should have a backpack to tote all his/her belongings to and from the program. Please label all personal belongings with your child's name.

What time does the Half Day Program begin and when does it end?

The program begins at 9:00am and ends at 12:00pm. For the safety of your child, please do not drop off your child at the program earlier than the times stated above. There will not be any supervision before 9:00am. Also, please be sure to pick up your child on time.

What if I want to pick up my child early?

To ensure the safety of your child, we request that any child who will be leaving early bring a note stating the time of dismissal and the name and phone number of the person picking up. The parent or guardian should sign the note, which should be given to the Head Counselor or the Program Director. Pick up the child at the normal location.

What is a typical day like?

Please note the following schedule may change daily due to various reasons.

Daily Schedule (subject to change)

Time: 9:00am – 9:20am	opening circle
9:25am – 10:00am	sports & games
10:00am – 10:15am	snack
10:20am – 11:00am	water play
11:10am – 11:40am	arts & crafts
11:45am – 12:00noon	closing circle

* The Thompson School will be used for the program as well

Costs: Tigers, Lions & Bears	Code 421802
(A1) July 5– July 09	\$88
(B1) July 12– July 16	\$88
(C1) July 19 – July 23	\$88
(D1) July 26 – July 30	\$88
(E1) August 2 – August 6	\$88
(F1) August 9 – August 13	\$88
(G1) August 16 – August 20	\$88

**Register for more than
two sessions prior to
June 1st and receive
10% off each session!**

Full-Day Club Rec

9:00am – 3:00pm at Stratton School (New Site)

Ages: Grades K – 6 in Fall 2010

There is something here for everyone! Each day includes swimming at the Arlington Reservoir, science and nature, sports and games, arts and crafts, and other creative activities, just to name a few. Child-to-counselor ratio is approximately 10:1. Each week we will end with a special event.

Dates	Friday Special Event
July 5 – July 09:	Cookout
July 12 – July 16:	Scavenger Hunt
July 19 – July 23:	Halloween in July
July 26 – July 30:	Olympics
August 02 – August 6:	Community Give Back & Cookout
August 09 – August 13:	Animals Animals Animals
August 16 – August 20:	Hawaiian Beach Party

Daily Schedule (subject to change)

Time	Corals	Pythons	Rattlers
9:00am – 9:20am	opening circle	opening circle	opening circle
9:25am – 10:00am	sports & games	arts & crafts	science/nature
10:00am – 10:15am	snack	snack	snack
10:20am – 11:00am	science/nature	sports & games	arts & crafts
11:10am – 11:55am	arts & crafts	science/nature	sports & games
12:00am – 12:30pm	lunch	lunch	lunch
12:30am – 1:15pm	swimming	swimming	swimming
1:20am – 2:00pm	swimming	swimming	swimming
2:05am – 2:45pm	special activities	special activities	special activities
2:45am – 3:00pm	closing circle	closing circle	closing circle

Frequently Asked Questions for Club Rec

How do the children get to and from the Beach?

A school bus will transport children to and from the Arlington Reservoir.

What should my child bring to the program each day?

Children should arrive to the program each day wearing sneakers, active clothing, and sunscreen. They should bring a backpack carrying a water bottle, snack, lunch, bathing suit, towel, additional sunscreen, and change of clothes if desired. **Peanut Alert! No Peanut Products Please!** With a growing number of participants and staff having severe peanut allergies, we are asking that NO peanut products be brought to the program.



What time does the Full-Day Program begin and end each day?

The full-day program begins at 9:00am and ends at 3:00pm daily. Please drop-off and pick-up on time.

What are the “special activities”?

Special activities may include but are not limited to: painting and drawing, dance, soccer, jewelry making, basketball, drama, board games, and water play.

Costs: All Groups (Corals, Pythons, Rattlers)

	Fee Code 421801	AM Ext. Code 421809	PM Ext. Code 421810
(A1) July 5 – July 9	\$148	\$25	\$50
(B1) July 12– July 16	\$148	\$25	\$50
(C1) July 19 – July 23	\$148	\$25	\$50
(D1) July 26 – July 30	\$148	\$25	\$50
(E1) August 2 – August 6	\$148	\$25	\$50
(F1) August 9 – August 13	\$148	\$25	\$50
(G1) August 16– August 20	\$148	\$25	\$50

**Register for more than
two sessions prior to
June 1st and receive
10% off each session!**

CIT, Adventure & Discovery

Counselor In Training (CIT)

Our objectives in this program are to develop leadership and self-esteem while teaching the adolescent how to work with young children and plan and perform program activities. We also hope that the CIT has a rewarding and enjoyable experience. Please note that placement in this program is not guaranteed. We are unable to guarantee future program counselor positions to those in our CIT program.

CIT Code 421807

Grades: Entering Grades 7 -10

Time: 9:00am – 12:00noon

Dates: (A3) July 5 – July 9

(B3) July 12– July 16

(C3) July 19 – July 23

(D3) July 26 – July 30

(E3) August 2 – August 6

(F3) August 09 – August 13

(G3) August 16– August 20

Costs \$110

To be accepted into the CIT program, participants must be entering the seventh through tenth grade, and have a successful interview with the Summer Director. We are looking for enthusiastic, energetic, responsible youth who have a strong desire to learn the ropes towards becoming a program counselor. We can accept only a limited number of applicants.

BIRTHDAY PARTY AT THE GIBBS GYM!!!

Arlington Recreation will book birthday parties on Saturdays and Sundays throughout the year.

Birthday parties are in two-hour time blocks and come with an experienced birthday party coordinator.

**PLEASE CALL US AT
781-316-3880**

for more information or contact by email
at dmcgrath@town.arlington.ma.us

Summer Adventure

Code 421804

Ages: 10 – 14

Time: 9:00am – 3:00pm

Where: Stratton School

Program features many exciting outdoor activities, some of which may include canoeing, rappelling, hiking and innovative games. Participants will be doing activities requiring climbing and heights. Activities will include using the facilities at the new Wellington Park Adventure Course, Menotomy Rocks Park, Reservoir Beach and Spy Pond. You should bring your own helmet and lunch every day to the program.

	Fee	Extended AM	Extended PM
	Code 421804	Code 421806	Code 421808
(A1) July 5 – July 16	\$290	\$50	\$100
(B1) July 19 – July 30	\$290	\$50	\$100
(C1) August 2 – August 13	\$290	\$50	\$100
(D1) August 16–August 20*	\$145*	\$25*	\$50*

*One-week session

Summer Discovery

Code 421805

Ages: 10 – 14

Time: 9:00am – 3:00pm

Cost: \$275 per session

This exciting program will meet daily at the Arlington Sport Center. Participants will take trips to a variety of interesting locations. Please note that all trips planned require a signed waiver at the time of registration. Enrollment is limited and will be available on a first-come, first-serve basis. Trips below are tentative and are subject to change. Inclement weather may also play a role in altering the schedule. Please note no refunds or credits will be issued for this program.

(A1) Session 1: Science and History Week, June 28 – July 2

Roger Williams Zoo, Tomb Interactive/Fenway Park Tours, New England Aquarium/IMAX, Kimball Farms (Mini Golf & Bumper Boats), Museum of Science

(B1) Session 2: Sport and Amusement Week, August 23 – 27

Laser Quest, Higgins Armory Museum, Water Country, Davis' Mega Maze, and Hall at Patriot Place-Gillette Stadium.

*Trips are subject to change based on ticket availability. Sample trips listed above are trips taken in past years. Some late trips may end after 3:00pm due to the traveling distance



Reservoir Beach

June 17 - August 27 • 10am - Dusk

*Closing dates and times dependent
upon staff availability*



Located on Lowell Street in Arlington Heights, the Reservoir Beach includes a filtered/chlorinated swimming area, bathhouse, vending machines and playground. The beach is supervised by certified lifeguards and other beach staff while open. Only U.S. Coast Guard lifesavings devices are allowed. All people over one (1) year of age must display tags to be admitted to the beach area. Please bring proof of residency to beach if purchasing a daily passes. Those that do not have proof of residency will be charged the out-of-town resident fee.

How to Get Beach Tags

Arlington Recreation will be selling resident and non-resident bands immediately. Beach tags can be purchased in person at the Arlington Recreation office, Mon-Fri, 9am-5pm or at the beach once it is open.

Season Passes

Residents:	\$43.00 Adult – Age 18 and over
	\$28.00 Children – Age 1-17
	\$28.00 Seniors – Age 60 and over
Family Tags:	\$132.00 (2 adults/2 children)
	\$18.00/each additional child
Non-Residents:	\$70.00 Age 1 and over
	\$220.00 (2 adults/2 children) \$
	40.00/each additional child

Inclement Weather Policy

If purchasing a daily pass, please keep your time stamped receipt. If we are forced to close the beach due to inclement weather, those individuals who purchased a pass within the last hour will be given a credit for a future daily pass.

Daily Fees

Residents:	Weekdays	\$5 per person
	Weekends	\$7 per person
	Holidays	\$7 per person.
Non-Residents:	Weekday	\$8 per person
	Weekend	\$10 per person
	Holidays	\$10 per person.

Swimming Lessons

Water Adjustment and Level Swimming lessons will be held at the Reservoir Beach on weekdays. Groups are divided by their age and ability. Participants must have a beach tag to participate.

Parent/Child – Ages 2 & 3

Code 423801

Dates: (C1) July 5 – 16
(C2) July 19 – July 30
(C3) August 2 – 13

Times: 10:30am – 11:00am

Cost: \$60

This course is designed to introduce children to the water with their parents. This course will center on movement through the water and basic water orientation.

Water Adjustment – Ages 4 & 5

Dates: (A1) July 5 – 16
(A2) July 19 – July 30
(A3) August 2 – 13

Times: 9:50am – 10:20am

Cost: \$60

This course is designed to introduce children to the water. This course will center on movement through the water, while also learning some of the swimming basics.

Level Swimming – Ages 6 – 8

Dates: (B1) July 5 – 16
(B2) July 19 – July 30
(B3) August 2 – 13

Times: 9:15am – 9:45am

Cost: \$60

Each course is designed to address Red Cross skills in water exploration, primary skills and stroke readiness.

Level 1 is designed for the beginning swimmer. The child should be prepared to become independent in the water. Floating on the front and the back will be covered, as well as kicking and arm motions.

Level 2 will stress primary skills retrieving underwater objects, deep water exploration, front combine stroke, back combine stroke, rescue breathing and more. Evidence of having successfully completed Level 1 is a prerequisite.

North Union Spray Pool

The spray pool is located at Lussiano Park, next to the Thompson School. Bring the kids down to this exciting summer facility. Free to the public. Cool down yourself in the water sprays. The spray pool has limited hours of operation on evenings and weekends. Spray pool opens the day after the last day of school and will be open from 10:00am – 7:00pm daily, dependent on the current weather conditions.



Summer Youth Enrichment Programs

Digital Filmmaking Mini-School Code 424929

Ages: 8 – 13
Dates: (A1) July 19 – 23
Time: 9:00am – 12noon
Where: Senior Center
Price: \$225



A hands-on, immersive introduction to digital filmmaking. Students work in small groups to make a film and each student will experience all aspects of production. Under the guidance of professional filmmakers, students will pitch, plan, shoot, edit, screen, and score their movies. Students should bring a memory stick/flash drive on the last day of class to take copies of their work

Game Design Mini-School Code 424929

Ages: 9 – 16
Dates: (A2) July 19 – 23
Time: 1:00pm – 4:00pm
Where: Senior Center
Cost: \$225

Kids work in groups to develop, design, debug and distribute their own 2D games. Using special software, students create their game without having to learn actual programming. They can also put their own music, video, animations and photos into their games with a simple click. Don't just play games– play your own game! Students should bring a memory stick/flash drive last day of class to take copies of their work.

Stop Motion Animation Code 424929

Ages: 8 – 16
Dates: (A3) August 9 – 13
Time: 9:00pm – 12noon
Where: Senior Center
Cost: \$225

Kids work on a crew to create an animated film. With the guidance of professional filmmakers young students decide how they will create their characters (construction paper cut outs, Lego Figures, Action Figures, etc.) to imagine, plan, shoot and edited their own films. Students should bring a memory stick/flash drive last day of class to take copies of their work.

Animation For Kids Code 424929

Ages: 5 – 7
Dates: (A4) August 9 – 13
Time: 1:00pm – 4:00pm
Where: Senior Center
Cost: \$225

An animation class designed for little ones. Using action figures and lego, kids will learn how to make a character come to life and move. Together they will create and shoot a short film with lots of action and plenty of giggles. Students should bring memory stick/flash drive last day of class to take copies of their work

Spectacular Science Code 424908

Grades: 1 – 5
Dates: July 26 – July 30
Time: (A1) 9:00am – 12:00noon **Cost:** \$80
(B1) 9:00am – 3:00pm **Cost:** \$150
Where: Fox Library Basement

Come join this very cool and fun summer program! Over the past 15 years, Top Secret Science has worked hands-on with over 400,000 children. Each day the kids will explore up to 20 weird and wacky hands on science experiments and will make and take home at least 8 different projects (full-day).

H.R.C.* Summer Experience Code 421800

*Health – Recreation – Cops

Ages: (A1) Patrolmen: entering Grades 1 & 2
(B1) Sergeants: entering Grades 3 & 4
(C1) Captains: entering Grades 5 & 6
Dates: Monday, June 28 – Thursday, July 1
Times: 9:00am – 3:00pm
Where: Stratton School
Cost: \$75 for 4 days



The Arlington Recreation Department, Arlington Police Department and the Arlington Health Department are collaborating on this very special summer program offering. The program is offered to Arlington children entering grades 1-6 and includes a variety of fun and educational sports and games, art & crafts, public safety awareness, health and fitness and swimming/water play*.

Staff includes members of the Arlington Police Department, Representatives from the Arlington Health Department, education professionals, college and high school students. Special activities may include a fun pizza day, finger printing and forensics, sun safety demonstrations, emergency vehicle day and an end of session cookout. Please let us know if your child will need special help to make the experience as rewarding as possible.

Summer Youth Sport Programs

Barrie Bruce Golf Schools - Country Club of Billerica

Barrie Bruce, P.G.A. Member

All Bary Bruce Golf Lessons take place at the Country Club of Billerica located at 51 Baldwin Road in Billerica, MA.



Juniors Clinic - Boys & Girls

Code 422819

Ages: 7 – 14

Dates: (A1) Monday, June 21 – Friday, June 25

(B1) Monday, August 2 – Friday, August 6

Time: 10:00am – 11:30am

Where: Billerica Country Club

Cost: \$95

Program includes lessons in the areas of address position, swing for irons and woods, short game including putting and chipping and practice techniques and drills. Equipment and practice balls are provided. Different fun contests and prizes will also be included.

Juniors Clinic - Girls

Code 422820

Ages: 6 – 14

Dates: (A1) Monday, July 26 – Friday, July 30

Time: 8:00am – 9:30 AM

Where: Billerica Country Club

Cost: \$95

Program includes lessons in the areas of address position, swing for irons and woods, short game including putting and chipping and practice techniques and drills. Equipment and practice balls are provided. Different fun contests and prizes will also be included.

Shoot For The Stars

Code 422904

Grades & Location:

(A1) Grades 1 – 4 meet at the Ottoson Middle School

(A2) Grades 5 – 9 meet at the High School Red Gym

Dates: June 22 – June 25 (4 days, Tuesday – Friday)

Time: 9:00am – 3:00pm

Cost: \$175 for 4 days!

Former Arlington High Basketball Coach Mike Broderick and staff will be offering a summer basketball clinic designed to work on all fundamental skills that are needed to be a successful basketball player. Major emphasis will be placed on the art of shooting. Bring own lunch/snacks.



Mites Multi Sports

Code 422802

Ages: 4 – 6

Dates: (A1) June 21 – June 25

(B1) August 23 – August 27

Time: 9:00am – 10:30am

Where: McClennen Field

Rain location: Brackett School

Cost: \$65

This popular program offers an introduction into sports and games including t-ball, soccer, track and field and more. Program is designed to acclimate youngsters in a positive, non-competitive atmosphere. Children should bring a snack and water bottle to the program each day.

Challenger Soccer

Code 422904

Dates: Monday – Thursday, June 28 – July 1

Where: Peirce Turf Field

Time:	Program	Ages	Cost
(A1) 10:40am – 11:40am	First Kicks	3 – 4	\$65
(A2) 9:00am – 10:30am	Mini Soccer	5 – 6	\$90
(A3) 9:00am – 12noon	Half Day	6 – 7	\$135
(A4) 1:00pm – 4:00pm	Half Day	8 – 14	\$135
(A5) 9:00am – 4:00pm	Full Day	8 – 14	\$185

Dates: Monday – Thursday, August 23 – August 26

Where: McClennen Field

Times	Program	Ages	Cost
(B1) 10:40am – 11:40am	First Kicks	3 – 4	\$65
(B2) 9:00am – 10:30am	Mini Soccer	5 – 6	\$90
(B3) 9:00am – 12noon	Half Day	6 – 7	\$135
(B4) 1:00pm – 4:00pm	Half Day	8 – 14	\$135
(B5) 9:00am – 4:00pm	Full Day	8 – 14	\$185

Join Challenger Soccer for this energetic program that gives participants the opportunity to learn the fundamentals of soccer in a non-competitive, fun environment. Taught by experienced professionals. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and coordination. Spend summer vacation polishing up on your skills.

TetraBrazil Soccer Academy

Code 424821

Ages: 9 – 16 years

Dates: Monday – Thursday, August 2 – August 5

Time: 9:00am – 4:00pm

Where: Peirce Turf Field

Cost: \$210



TetraBrazil Soccer Academy has been bringing Brazilian soccer expertise to American Soccer players for over 10 years. TetraBrazil clinics and team sessions will inspire players to practice and improve the ball control, foot skills and moves that Brazilian soccer is famous for. Program instructed by Brazilian Professional "A" Licensed coaches. Great program for individuals and teams!

Summer Youth Sport Programs

Shalrie Joseph Soccer Academy Code 422822

Ages: 7 – 14
Dates: July 19 – July 23
Time: 5:00pm – 8:00pm
Where: Peirce Turf Field
Cost: \$195

The Shalrie Joseph Soccer Academy is a coed program that is directed and led by six-time MLS All-Star and New England Revolution stand-out Shalrie Joseph. Shalrie's Academy, is designed from drills Shalrie practiced as a youth, and still practices on a daily basis. The program focuses on mastering the fundamental techniques of soccer: passing/receiving, dribbling, and shooting.

Summer Fencing Code 422814

Dates: 5-Week Session, Thursdays, July 29 – August 26
(A1) Ages: 7 – 11 years **Time:** 5:00pm – 6:00pm
(B1) Ages: 11 years – up **Time:** 6:00pm – 7:00pm
Where: Gibbs Gym
Cost: \$75 for 5-week session

Join us for this exciting sport — one of the fastest growing in the world! Fencing develops physical fitness, the ability to develop strategy and concentration, as well as camaraderie and respect. Learn fencing with Michael Tarascio, former member of the United States World Championship Team.



Menotomy Golf Code 422809

Grades: 6 – 9
Dates: **(A1)** June 21 – June 24 (4 days, Monday – Thursday)
(rain date 6/25)
(B1) June 28 – July 1 (4 days, Monday – Thursday)
(rain date 7/2)
(C1) August 23 – August 26 (4 days, Monday – Thursday)
(rain date 8/27)
Time: 8:00am – 1:00pm (return time may vary)
Where: Meet/Return at Sports Center
Cost: \$200 for 4 days!

This program consists of golf instruction, etiquette, and fun. Each day, participants will travel to a local golf course to play a 9-hole round of golf! In addition, a different component of the game will be emphasized throughout play, such as golf etiquette, pitching, putting, and driving. The program is dedicated to improving the game, as well as knowledge of golf rules. Must have previous golf experience and clubs to participate!!! Program will not meet in heavy rain.

Adventure Kids: Kayaking & More Code 422912

Ages: 10 – 15
Dates: **(A5)** Wednesday – Friday, June 30 – July 2
Time: 8:30am – 11:30am
Where: Spy Pond
Cost: \$135

This program combines recreational kayaking skill development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through fun challenge games. ACA Certified Trained Instructors and Adventure Facilitators on site.

Viking Sports – Multi Sport Code 424928

Grades: 1 – 5
Dates: **(B1)** Monday – Friday, July 26 – July 30 **Cost:** \$170
(C1) Monday – Friday, August 30 – September 3 **Cost:** \$170
Time: 9am – 3pm
Where: Hills Hill Field/Arlington Sport Center

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/ t-ball, flag football, kickball, floor hockey, waffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.

Thunder Cat Sports Jam Code 422817

Ages: 7 – 12
Dates: **(A1)** June 28 – July 2
Time: 9:00am – 3:00pm
Where: Hills Hill Field
Cost: \$168

Soccer will be a core sport played everyday in which basic skills will be emphasized. Other sports include baseball, basketball, softie hockey, balloon ball, and kick ball. Games and other activities sprinkled in include: Finding Nemo, Sponge Bob tag, shark attack, thunder relays, Kiddie Cat Olympics, and more. Theme days, including Red Sox Day and Friday Fun Day, add to the excitement creating a non-competitive positive sports experience your child will enjoy. Emphasis will be on basic skills, developing hand eye coordination, teamwork, and FUN! Program is coed, and every participant receives a Thundercat ball and t-shirt.

Mites Soccer Clinics Code 422907

Ages: 3 & 4
Dates: **(A1)** July 12 – July 16 **(B1)** July 26 – July 30
Time: 9:30am – 10:15am
Where: Hills Hill Field Rain Location: Brackett School
Cost: \$50

Register for this amazing soccer program for the little ones! Get them acclimated to the game at an early age!! Children will work on both individual skill development, warm-ups, passing and team building.

Summer Youth Sport Programs

Spy Ponder Baseball Clinic

Code 422906

Ages: 7–10 years

Dates: (A1) July 12 – July 15 (4 days, Monday – Thursday)
(rain date July 16)

(A2) July 19 – July 22 (4 days, Monday – Thursday)
(rain date July 23)

Time: 9:00am – 1:00pm

Where: Spy Pond Field

Cost: \$95 per player



The coaching staff from Arlington High School's Varsity baseball program along with members of the 2010 Arlington High School baseball team will be conducting a youth baseball clinic to help players during your season.

Baseball fundamentals from pitching and hitting to base running and fielding will be covered. A great opportunity to sharpen your skills and prepare yourself for the baseball season. The clinic will take place at Spy Pond Field, home of Arlington High Schools' varsity baseball team. Clubhouse will be available to participants. Take advantage of this great opportunity and sharpen your skills.

Equipment needed will be your own glove, bat and please wear sneakers.

Thunder Cat Kiddie Cat Jam

Code 422817

Ages: 4–6 years

Dates: (A1) July 19 – July 23

Time: 9:00am – 12:00 noon

Where: Hills Hill Field

Cost: \$138

Thundercat Sports mini-version of our popular Sports Jam! Soccer will be a core sport played everyday in which basic skills will be emphasized. Other sports include t-ball, basketball, softie hockey, balloon ball, and kick ball. Games and other activities sprinkled in include: Finding Nemo, Sponge Bob tag, shark attack, thunder relays, Kiddie Cat Olympics, and more. Theme days, including Red Sox Day and Friday Fun Day, add to the excitement creating a non-competitive positive sports experience your child will enjoy. Emphasis will be on basic skills, developing hand eye coordination, teamwork, and FUN! Program is coed, and every participant receives a Thundercat ball and t-shirt.

**Email program comments,
suggestions, ideas, and concerns to
dmcgrath@town.arlington.ma.us**

Thunder Flag Football

Code 422823

Ages: 7–12 years

Dates: (A1) July 12 – July 16

Time: 9:00am – 3:00pm

Where: McClennen Park

Cost: \$168

Thundercat Sports mini-version of our popular Sports Jam! Soccer will be a core sport played everyday in which basic skills will be emphasized. Other sports include t-ball, basketball, softie hockey, balloon ball, and kick ball. Games and other activities sprinkled in include: Finding Nemo, Sponge Bob tag, shark attack, thunder relays, Kiddie Cat Olympics, and more. Theme days, including Red Sox Day and Friday Fun Day, add to the excitement creating a non-competitive positive sports experience your child will enjoy. Emphasis will be on basic skills, developing hand eye coordination, teamwork, and FUN! Program is coed, and every participant receives a Thundercat ball and t-shirt.

Field Hockey

Code 422816

Grades: 6–8

Dates: (A1) August 2 – August 5 (4 days, Monday – Thursday)

Time: 4:00pm – 6:00pm

Where: Hills Hill Field

Rain Location: Arlington Sport Center

Cost: \$115

The Arlington Field Hockey program wants to introduce your child to this fun, exciting sport! Taught by Varsity Field Hockey Coach, Courtney O'Sullivan, the session will focus on the field hockey basics such as: the rules of the game, techniques, skills, teamwork and communication. Please bring water, mouthguard, sneakers or cleats and shinguards. A small number of sticks will be available for use.



Thundercat Basketball

Code 422805

Ages: 7–12

Dates: (A1) August 23 – August 27

Time: 9:00am – 3:00pm

Where: Gibbs Gymnasium

Cost: \$168

3, 2, 1...swish! Whether your child is a beginner or a buzzer beater, this is the basketball program for him or her. Skills emphasized will be dribbling / ball handling, passing, shooting, and more. Theme days, trivia, and a NCAA tournament at the end of the program add to the excitement! Program is coed, and every participant receives a Thundercat basketball, t-shirt, and certificate of achievement. 2010 Youth & Police B-Ball League

Real School of Music Programs

All classes are held at Real School of Music, 56 Middlesex Turnpike, Burlington, MA.

Intro to Guitar

Code 422923

We are offering an Intro to Guitar course in conjunction with The Real School of Music. Our group guitar lessons will give you a solid introduction to the guitar, establish proper techniques and approaches, and review practice methods that will make the most productive use of your time.

Introduction to Guitar is a great first step! Students will need to purchase a method book (available at Real School) and supply their own guitar. Either acoustic or electric guitars may be used. This 6-week course will cost \$120, just \$20 per class and will run for 45 minutes in length. This course also has a limited capacity of 6 students, so be sure to sign up today!

Age	Spring Sessions	Summer Sessions	Day	Time
(A1) 8 – 12	5/3 – 6/14*	6/21 – 7/26	Monday	4:00 – 4:45pm
(A2) 13 – 16	5/4 – 6/8	6/22 – 7/27	Tuesday	7:30 – 8:15pm
(A3) 17 – Adult	5/3 – 6/14*	6/21 – 7/26	Monday	6:30 – 7:15pm

*There will not be class on 5/31 in observance of Memorial Day

Intro to Keys

Code 422924

We are offering an Intro to Keys course in conjunction with The Real School of Music. Our group keyboard lessons will give you a solid introduction to the guitar, establish proper techniques and approaches, and review practice methods that will make the most productive use of your time.

Introduction to Keys is a great first step! Students will need to purchase a method book (available at Real School) and electronic keyboards will be provided by the school. This 6-week course will cost \$120, just \$20 per class and will run 45 minutes in length! This course also has a limited capacity of 6 students, so be sure to sign up today!

Age	Spring Sessions	Summer Sessions	Day	Time
(A1) 8 – 12	5/5 – 6/9	6/23 – 7/28	Wednesday	6:30 – 7:15pm
(A2) 13 – 16	5/5 – 6/9	6/23 – 7/28	Wednesday	7:30 – 8:15pm

Robbins Farm Cooperative Learning Garden

The Robbins Farm Cooperative Learning Garden will be gardened by a cooperative group of individuals. The mission of the garden will be to educate children and adults how to garden. Various gardening demonstrations and tours will be held throughout the year at the garden. A comprehensive educational component will also be offered to the entire community through our website and gardening blog.

More information on the cooperative learning garden and how to become involved will be available at the Arlington Recreation Department.

Intro to Singing

Code 422925

We are offering an Intro to Singing course in conjunction with The Real School of Music. Our group vocal lessons will give you a solid introduction to singing, provide a foundation for proper techniques and approaches, and teach practice methods that will make the most productive use of your time.

Intro to Singing is a great first step! This 6-week program will cost \$120, just \$20 per sessions and will run 45 minutes in length. This course also has a limited capacity of 6 students, so be sure to sign up today!

Age	Spring Sessions	Summer Sessions	Day	Time
(A1) 8 – 12	5/4 – 6/8	6/22 – 7/27	Tuesday	6:00 – 6:45pm
(A2) 13 – 16	5/4 – 6/8	6/22 – 7/27	Tuesday	6:45 – 7:30pm
(A3) 17 – Adult	5/4 – 6/8	6/22 – 7/27	Tuesday	7:30 – 8:15pm

Intro to Drums

Code 422926

We are offering an Intro to Drums course in conjunction with The Real School of Music. Our group drum lessons will give you a solid introduction to drumming, provide a foundation for proper techniques and approaches, and teach practice methods that will make the most productive use of your time.

Intro to Drums is a great first step! Students will need to purchase a method book and drums sticks (both available at Real School). Drums and drum pads will be supplied by the school. This 6-week course cost \$120, just \$20 per session and will run 45 minutes in length. This course also has a limited capacity of 10 students, so be sure to sign up today!

Age	Spring Sessions	Summer Sessions	Day	Time
(A1) 8 – 12	5/5 – 6/9	6/23 – 7/28	Wednesday	5:00 – 5:45pm
(A2) 13 – 16	5/5 – 6/9	6/23 – 7/28	Wednesday	6:00 – 6:45pm
(A3) 17 – Adult	5/5 – 6/9	6/23 – 7/28	Wednesday	8:00 – 8:45pm

Magnolia Community Gardens Lottery

The lottery for available plots for the Magnolia Community Gardens will be held in March 2010.

For more information please contact Dan McGrath at dmcgrath@town.arlington.ma.us.

Real School of Music Programs

All classes are held at Real School of Music, 56 Middlesex Turnpike, Burlington, MA.

Intro to Digital Recording

Code 422927

We are offering an Intro to Digital Recording course in conjunction with The Real School of Music. Taught by professional recording engineer Tim Bongiovanni, you will learn how to produce your own multi-track digital recording. The course will introduce digital software such as Apple's Garage Band and Digidesign's ProTools.

At the conclusion of the course, students will have gained a general familiarity with basic home and studio recording techniques. This 6-week session costs \$120, just \$20 per session and will run 45 minutes in length. This course also has a limited capacity of 6 students, so be sure to sign up today!

Age	Spring Sessions	Summer Sessions	Day	Time
(A1) 12 – 16	5/3 – 6/14*	6/21 – 7/26	Monday	7:00 – 7:50pm
(A2) 17 – Adult	5/3 – 6/14*	6/21 – 7/26	Monday	8:00 – 8:50pm

*There will not be class on 5/31 in observance of Memorial Day

Family Music Program

Code 422928

Real School is offering an exciting, fun-filled Family Music program for infants through 5-year olds. These weekly 45-minute sessions allow children and parent/caregivers to participate at their own level using a family-orientated approach to music making. We run a mixed-age class allowing children to participate by watching and hearing adults and other participants singing, moving, and playing instruments.

Family Music encourages self-confidence, focus, reasoning abilities, and social skills; and will build a foundation for a lifetime of musical enjoyment. This 9-week course cost \$180, just \$20 per session. This course also has a limit of 12 students per class, so be sure to sign up today!

Age	Spring Sessions	Summer Sessions	Day	Time
(A1) Infant – 5	5/13 – 7/8	7/15 – 9/9	Thursday	10:00 – 10:45am
(A2) Infant – 5	5/13 – 7/8	7/15 – 9/9	Thursday	9:00 – 9:45am

RealJams Academy

Week-Long Summer Program

Code 422929

Real Jams Academy, The Real School of Music's premier week long music program, provides you with the opportunity to immerse yourself in the music you love! This is an intensive program for any aspiring musician ages 12-19.

You will take instrumental lessons, write original music, record your performance, attend clinics by music professionals and special guests, learn about the "band business" and, of course, perform in a live show on a professional stage with sound and lights! All sessions will be held at Real School's Burlington campus. Here, you will have access to our unique facilities, recording studio, live performance hall, lesson studios, and ensemble rooms.

Staffed by Real Schools' team of music professionals, you will learn from the best. Whether you're looking to sharpen your instrumental skills, learn the art of song-writing, or just want to rock n' roll all day long, we've got you covered! You'll have the opportunity to make new friends and new musical connections. And, with a live performance at the end of each week, you'll be able to showcase all you've learned.

Don't miss this chance for musical growth! Bands will be sorted by age and ability. Daily hours: are from 9:00am through 4:30pm, and extended hours are available. A sample of the 5-day schedule can be seen at www.therealschoolofmusic.com

Weeks	Days	Time
(A1) July 26 – 30	Monday – Friday	9:00am – 4:30pm
(A2) August 16 – 20	Monday – Friday	9:00am – 4:30pm

Advertise Your Business or Sponsor a Special Event!!!

There are yearly options available for businesses to advertise at the Veterans' Memorial Sports Center.

Options include banners, illuminated signage, Zamboni, scoreboard, and message board.

If interested in advertising or to receive further information on available options, contact Dan at 781-316-3884 or Dave at 781-316-3882.



THE ARLINGTON RECREATION
DEPARTMENT SPRING/SUMMER
PROGRAM 2010 WAS DESIGNED
AND COMPOSED BY
LIGHTNING DESIGN
PRINT DESIGN & PRODUCTION
LIGHTNINGDESIGN@COMCAST.NET

2010 YOUTH & POLICE B-BALL LEAGUE

OFF THE STREET AND ON THE COURT



Arlington Youth Basketball and the Arlington Police Department will be co-sponsoring a Junior High Summer Basketball League.

The League will be for boys entering the 6th, 7th, and 8th grades in the fall of 2010. The League will begin the week of June 14th and run through July 14.

The games will be on Mondays and Wednesdays at 5:30 and will be played at the outdoor courts at the high school. The coaches for each team will be members of the Arlington Police Department.

The Summer League fee is \$15.00 and checks should be made payable to: Arlington Youth Basketball. No on-line registration available for this program, sorry.

Arlington Sport Center Spring Activities

No Public Skating:

3/19 4:00pm – 5:50pm & 3/20 7:00pm – 9:00 pm

Last Day of Scheduled Public Skating – March 21

*The Rink closes for the season on
March 21, 2010, 12 midnight and will be closed
throughout the spring and summer for rink renovations*

Special Events:

Police & Firemen Games "Guns N Hoses"

Friday, March 19, 7:00pm – 9:00pm

Proceeds to benefit "Autism Speaks" Foundation

Women's Hockey Jamboree Shoot for the Cure

Sunday, March 20, 2:00pm – 9:00pm

Proceeds to benefit Breast Cancer Research

School Dances at the Gibbs Gym

Disco Ball & Music by DJ Todd

Pizza and Beverages

Cost:

\$5.00 per ticket (advanced sales)

\$7.00 per ticket (at door)

Middle School Dance

Grades 6-8 • Friday, May 7 • 7:00pm – 9:00pm

5th Grade Social/ Dance

Friday, May 21 • 6:00pm – 8:00pm

Arlington Parks, Fields, And Facilities

Inclement Weather/Field Closing Line: 781-316-3886 (sign up online for field closing notice)

To request the use of a field or park for special event or outing, please submit a field permit request to Dan McGrath, Program Supervisor, at www.arlingtonma.gov, "recreation," "parks and fields," "field use request." Downloadable permit form can also be found on Rec website.

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/little league field, open field area used for soccer, hardtop basketball area, and a playground. Parking available.

Brackett School: Area has a playground and a hardtop basketball area. On-street parking available.

Buck Field: 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink). Park has a softball/little league field, access to bike path. Parking available.

Buzzell Field: 29 Summer Street. Area has two little league/softball fields (Buzzell 1 - near Summer Street, Buzzell 2 - near bikeway), a playground, picnic tables, a basketball court and access to bike path. On-street parking available.

Crosby School/Tennis Courts: On Winter Street about 1/2 way down. Area has a medium size green space used for soccer and a playground. Limited on-street parking available.

Cutter School: Park is located between Robbins Road and School Street. Area has a playground.

Florence-Dallin School: 185 Florence Avenue. Area has a little league/softball field, a large open green space for soccer/lacrosse, a playground, a small basketball area. On-street parking is available.

Gibbs Gym: Mass. Area has two playgrounds available to the public (after 6pm on weekdays) and a basketball court. Parking available.

The Great Meadows: Area is owned by the Town of Arlington. It is located between two schools, the Waldorf School of Lexington and Lexington Christian Academy off of Lowell Street. Area has walking trails in Arlington and Lexington.

Hibbert Playground: Hibbert Street. Area has a small playground.

Hill's Hill: 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field). Open field for various sports or activities, with access to bike path. Parking available.

Hurd/Reservoir: Located on Drake Rd. behind Trader Joes and Walgreen's in the Heights. Area has two softball/little league fields, large open field used for soccer, access to bike path and the Reservoir. Parking available on Mass Ave, Drake Road.

Lussiano: Area has a playground, a basketball court, three picnic tables, one basketball court, one softball/little league field, one baseball field, and a big open field used for soccer. Seasonal spray pool area open from June to August. Parking available.

Magnolia: On Herbert St. /Magnolia St. Area has a playground, a basketball court, huge open field which is used for soccer and lacrosse, community gardens area, and access to the bike path. Very limited parking available.

McClennen Park: Located on Summer St. (Rte. 2A) across from Palmer's Garage, Lexington line. Area has playground, skate boarding ramps, walking trail, 2 soccer fields, 1 little league field. Parking is available.

Menotomy Rocks Park: Area has two open green spaces, a picnic area, playground, walking trails and fishing. On-street parking available.

Ottoson: Take left after Saint Athanasius the Great Greek Orthodox Church (formerly Saint James Church) on to Appleton and left on Acton St. Area has a softball/little league field in back and practice area in front. Parking available.

Parmenter: Area has a playground and a basketball court. No parking available

Peirce School: Area has a playground, a basketball court, and green space. Parking available after 3pm.

Poet's Corner: Off Route 2 service drive and Dow Ave. Area has a playground, softball/little league field, basketball courts, and tennis courts.

Robbins Farm: Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School. Area has a baseball diamond, large green space area used for soccer, a playground, summertime movies in the park and a 4th of July celebration. On-street parking available.

Robbins Library: 700 Mass Ave. Area has a playground and a small green space. Parking available.

Scannell: Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of lights onto Linwood St. Area has a softball/little league field, access to the bike path and stands to watch athletic activities.

Spy Pond Field: Overlooking the the Boy's and Girl's Club. Area has a baseball diamond, little league field, stands to watch athletic activities, a large open field used for soccer, and four tennis courts. On-street parking available.

Spy Pond Park: Located on the North shore of Spy Pond, the area has a playground, boat ramp and access to the bike path. Limited maps/sp on-street parking.

Stratton School: Mass Ave to Grove Street. Left on Summer Street. Right on Hemlock. Right on Fabian. Area has a playground, hardtop for basketball, and a small green space. Parking available after 3pm.

Summer Street: 422 Summer St. on the left of the Sports Center (rink) on the corner of Forest St. Area has a playground, a basketball court, a baseball diamond, a large open field used for field hockey, and access to the bike path. Parking available.

Thorndike: On Margaret St. Take Lake St. Off of Mass Ave. go past Hardy School and take left onto Margaret Street all the way to the end. Area has a large field for soccer and lacrosse and access to the bike path. Parking available.

Veterans' Memorial Skating Rink: Located at 422 Summer Street. An indoor ice facility, regulation size rink, spectator seating for 1,085 people, complete snack bar and vending machines, skate rentals and sharpening. Open September through April. Parking available.

W. A. Peirce: Behind Arlington High School. A newly renovated astroturf field, new six lane track, one baseball field, one softball/little league field, one multi-purpose practice field, and two basketball courts.

Whittemore Robbins House: 700 Mass Ave. Turn into the Robbins Library parking lot (which is around 650 Mass Ave.) and follow drive. Area has a playground and a small greenspace. Parking available.

General Information

Payment

Payment must accompany all registrations. Checks should be made payable to Arlington Recreation. MasterCard, Visa, and Discover are also accepted. If registering via fax (781-641-5495), please use the downloadable registration form located at www.arlingtonma.gov/recreation under "downloadable forms." If choosing to register online, please visit www.arlingtonma.gov/recreation.

If registering for the first time with Arlington Recreation, you will need to create a household account. Please call 781-316-3880 if you experience difficulties. Phone registrations now welcome!

Non-residents are assessed an additional \$5 fee on each program.

Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at www.arlingtonma.gov/recreation.

Refunds

There will be NO REFUNDS unless a program is cancelled by Arlington Recreation. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. *If you cancel after the start of a program, no credits or refunds will be given*. Please note that there is a \$5 administrative fee for all refunds unless the program is canceled by Arlington Recreation.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

Arlington Recreation now accepts 24-hour a day phone registration. If you do not have access to a computer or fax machine and can not make it into the Recreation Office during normal business hours, you can register by phone by calling 781-316-3880 24-hours a day!

Inclement Weather

Please call the Field and Program Cancellation Line at 781-316-3886 to receive inclement weather updates on programs and fields operated through Arlington Recreation. Sign up online for field closing notice.

The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the inclement weather hotline and the website are updated for your convenience. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program.

Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonma.gov/recreation to view your household account history.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!!!

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to check the donation box on the registration form.

Meet the Recreation Department Staff

Joseph Connelly

Director of Recreation

Dan McGrath

Program Supervisor

Laura Munsey

Administrative Assistant

Patti Brennan

Recreation Clerk

Dave Cunningham

Facility Supervisor

Mark Linskey

Maintenance Craftsman

Parks & Recreation Commission

Nancy Campbell

Leslie Mayer

Jim Robillard

Jen Rothenberg

Don Vitters

Recreation Department Phone Numbers

Main Number:

781-316-3880

Fax Number:

781-641-5495

Field/Program Cancellation:

781-316-3886

Ice Rink:

781-316-3887

Mission Statement

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities.

Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

Registration Form

Participant's Name:	Grade & School:		
Address:	City, Zip:		
Home Phone:	M / F DOB:		
Allergies/Medications/Limitations?:			
PARENT/GUARDIAN INFORMATION			
Guardian:	Cell Phone:		
Business Phone:	Email:		
EMERGENCY INFORMATION			
Name:	Phone:		
PROGRAM REGISTRATION SECTION			
CLASS	SECTION	TIME	FEE
1.			
2.			
3.			
<p>I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division. I also agree to forever release the Town of Arlington, Arlington Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington-Recreation Division's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington – Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Arlington-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Arlington Recreation athletic or rec. programs.</p> <p>Emergency Medical Treatment: I hereby give the Arlington Recreation Program permission to administer basic First Aid, CPR, and necessary medication to my child _____ and/or take my child _____ to a hospital and secure medical treatment when I cannot be reached or when delay could be dangerous to my child's health.</p> <p>Allergies, Chronic Health Conditions: Allergies must also complete EAAP plan at the Recreation Dept office. Please list all of your child's allergies and/or chronic health conditions: _____</p> <p>SIGNATURE _____</p> <p>Credit Card Payment: MC or VISA: Card # _____</p> <p>EXP. _____ SIGNATURE _____</p> <p><input type="checkbox"/> I would like to make a donation in the amount of \$ _____ to the Arlington Rec Scholarship Fund.</p>			

**Downloadable application forms and field permit
applications online at www.arlingtonma.gov/recreation**

Arlington Recreation 3rd Annual Golf Tournament

Monday, September 27, 2010
Hillview Country Club, North Reading, MA

Time: 12:30pm Registration • 1:00pm Shotgun Start
Cost: \$135 per player • Checks payable to Arlington Recreation

18 Hole — Scramble, 2-Mulligans, Carts, Donuts and Coffee,
Buffet Lunch.

Top 3 Places in Each Division Receive Awards; Long Drive,
Closest to Pin, Closest 2nd Shot Competitions.

Divisions will be formulated based on team
handicap; each group must use two drives
from each member of the foursome.

Net proceeds of the event will go to
the Arlington Recreation Department
and Arlington Sports Center. Arlington
Recreation and the Arlington Sports Center
are 100% self-supporting enterprise funds.
Help us continue to offer quality programming
and services at a reasonable cost.



ATTENTION SPONSORS:

**Any business or individual interested in sponsoring a hole for \$150
or making a donation, please call Joe Connelly at 781-316-3881.**

Advertise Your Business at the Veteran's Memorial Skating Rink!!!

Would you like Arlington Recreation to help you
get the word out about your services or an upcoming event?
Need more exposure in Arlington and the surrounding area?

Would you like to support Arlington Recreation?

**There are yearly options available for businesses to
advertise at the Veterans Memorial Ice Rink!!!**

Options include banners, illuminated signage,
Zamboni, scoreboard, or seasonal brochure with
over 12,500 copies distributed each season!

**Call Dave Cunningham at 781-316-3882
for more information.**

Current Advertising Participants

ARLINGTON CAL RIPKEN
ARLINGTON CHILDRENS FUND
ARLINGTON HOCKEY CLUB
ARLINGTON PATROLMAN'S ASSOCIATION
BOSTON PROPERTY 123.COM
CENTRAL BANK
CENTURY 21
COLDWELL BANKER
HOLOVAK & COUGHLIN
LEADER BANK
MIDDLESEX YANKEE CONFERENCE GIRLS LEAGUE
MUNROE CONSTRUCTION
MYSTIC VALLEY ORTHODONTICS
N-STAR
PALMER'S GARAGE
PATRICK HOURICAN PLASTERING
PMI CONSTRUCTION
PREFERRED MECHANICAL
PRIVITERA CHARITABLE FOUNDATION
RUSSELL TREMBLAY ELECTRICAL
SEABOARD MECHANICAL
SPORTS ETC.
TARANTINO INSURANCE
US SEAL COAT